Zone.Health Outcome Report 2025

The Metabolic Approach to Sustainable Weight Loss

Executive Summary

At Zone.Health (a meta[bolic] program), we continue to lead in delivering real-world, clinically meaningful weight loss and metabolic health improvements through our hybrid medicated weight loss program. Our model integrates GLP-1 medications with personalized coaching, digital tracking, and ongoing clinical supervision.

As of Q1 2025, the program remains the only medicated weight loss program that has published results transparently in the Middle East with the largest amount of data captured.

The meta[bolic] hybrid model is described in detail in the NEJM Catalyst.

In this 2025 update, we analyzed members' outcomes across a 9-month period, highlighting:

- **Sustained weight loss** with a mean reduction of **8.3 kg at 3 months, 10.6 kg at 6 months**, and **12.3 kg at 9 months**.
- **Significant improvements** in metabolic biomarkers including HbA1c, lipid profile, liver enzymes, and markers of visceral fat and fibrosis (UAP, stiffness).
- **High efficacy of Tirzepatide** versus single GLP-1 agonists, with consistently greater weight loss and metabolic benefits.
- **Durability** of improvements despite GLP-1 medication adjustments or tapering for some members.

Our findings reaffirm that combining pharmacotherapy with structured behavior change, body composition tracking, and continuous clinical support achieves sustainable, long-term health benefits

Background

Obesity management has evolved with the advent of GLP-1 receptor agonists, yet medications alone often fall short of addressing the behavioral and physiological complexity of metabolic disease.

The Zone.Health program offers a hybrid care model that integrates

GLP-1 or GIP/GLP-1 combination therapies
Therapies (e.g., Semaglutide, Tirzepatide) titrated monthly based on in-clinic results

Intensive coaching across different specialities
Nutrition, sleep, stress, and exercise is delivered in a continuous, structured series

Monthly body composition analysis
Track fat mass, muscle mass, and metabolic improvements

Data-driven insights
Personalized feedback using advanced analytics from wearables and the Zone app

We view obesity as a complex metabolic disease, and treat it as such. Our mission is to provide members with sustainable weight loss, preservation of muscle mass, reversal of metabolic abnormalities, and ultimately, disease risk reduction, and whilst BMI or weight loss are important parameters, these parameters are not considered in isolation. This report shares updated 9-month real-world outcomes.

The Zone.Health Program Journey

Methodology

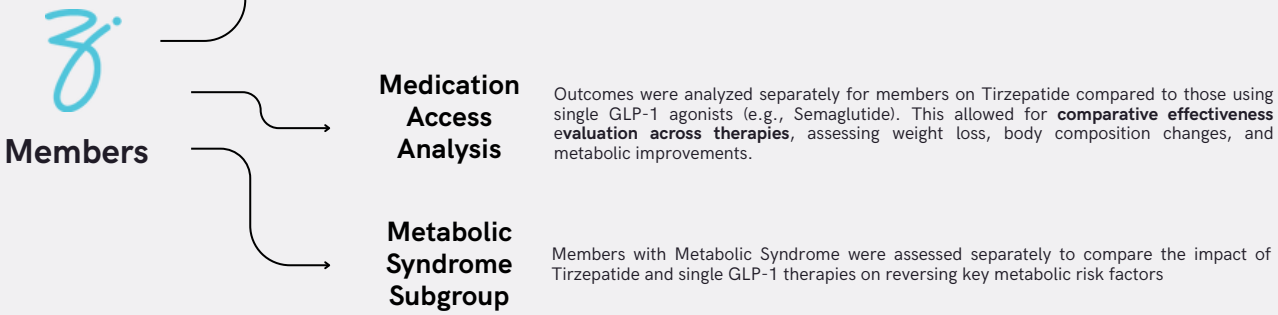
Participants included Zone.Health members enrolled by February 2025, with at least baseline, 3-, 6-, and 9-month follow-up data available.

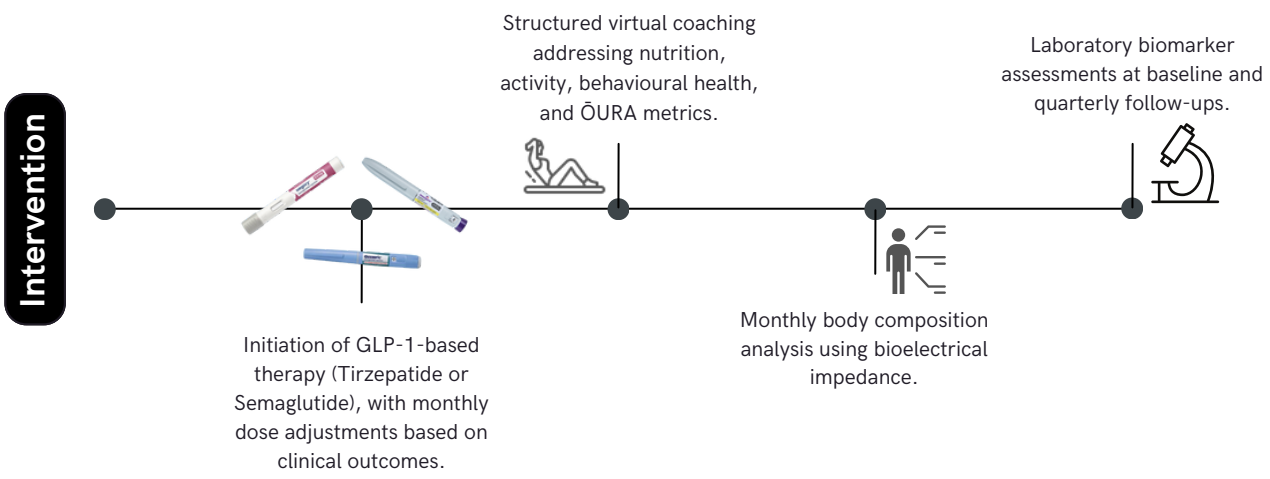
Full population cohort

The results report analysis includes data from all Zone.Health members who initiated the hybrid medicated weight loss program and completed at least 9 months of follow-up. Our full population cohort comprised 518 members who had received at least one month of GLP-1–based therapy and participated in structured coaching, body composition monitoring, and metabolic health tracking.
This expanded dataset offers robust real-world evidence of the effectiveness of the Zone.Health approach over the critical initial 9-month period, with improvements in body weight, fat mass, waist circumference, metabolic markers (HbA1c, lipids, liver enzymes), and liver fibrosis indicators.
Data collection included anthropometric measurements, laboratory assessments, medication usage patterns, and engagement metrics, gathered systematically at baseline, 3 months, 6 months, and 9 months.

Distinct cohorts

Distinct subgroup analyses were conducted to provide deeper insights into clinical outcomes among specific populations:





Results

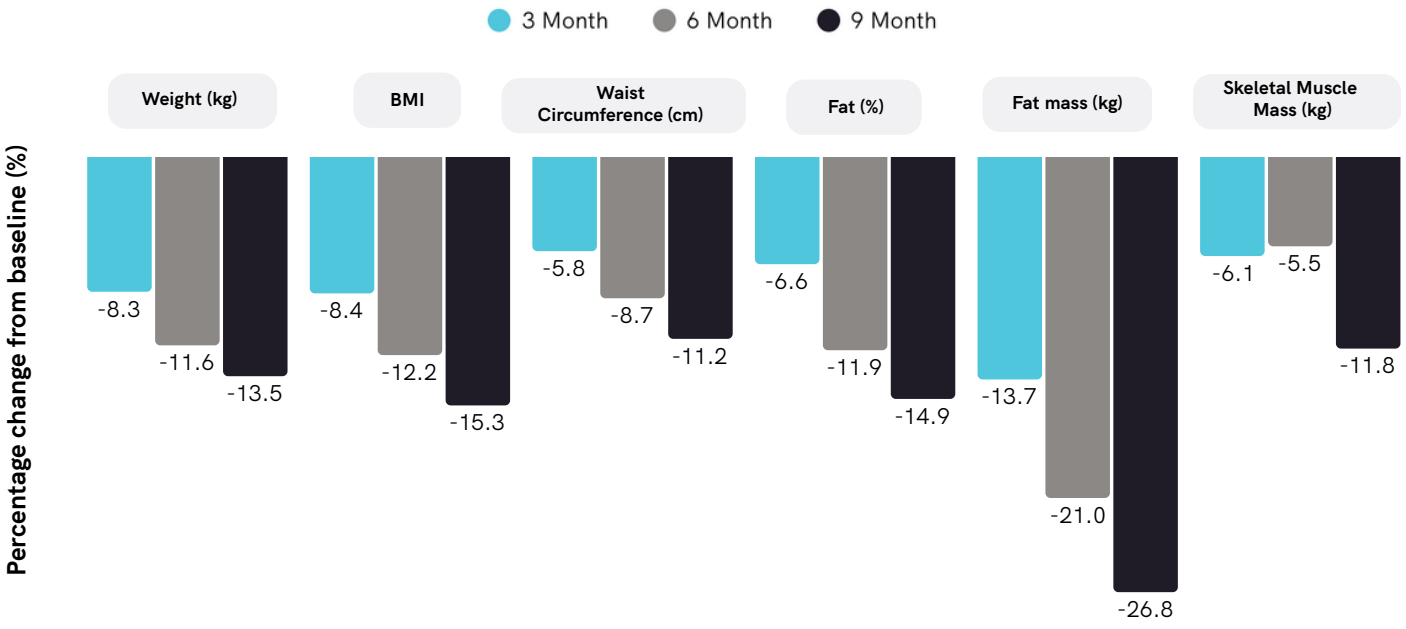
Weight Loss and Body Composition Outcomes

Anthropometric and body composition measures showed consistent and clinically significant improvements over 9 months. Members experienced progressive reductions in body weight, BMI, fat mass, fat percentage, and waist circumference, with relative preservation of skeletal muscle mass.

Table 1. Changes in Anthropometric and Body Composition Measures Over 9 Months

Timepoint	Weight (kg)	BMI (kg/m²)	Fat Mass (kg)	Fat %	Skeletal Muscle Mass (kg)	Waist Circumference (cm)
Baseline	94.04 ± 19.97	33.03 ± 5.56	37.55 (30.2, 46.08)	41.47 ± 7.53	29.18 ± 8.84	102.44 ± 14.98
3 months	86.26 ± 19.04	30.28 ± 5.38	31.84 (24.85, 40.4)	38.73 ± 8.26	27.43 ± 7.89	96.43 ± 15.02
6 months	83.40 ± 18.24	29.08 ± 5.20	29.70 (22.7, 37.42)	36.72 ± 8.89	27.54 ± 8.38	93.63 ± 16.28
9 months	81.72 ± 15.38	28.08 ± 4.27	27.67 (21.99, 33.22)	35.39 ± 8.10	25.75 ± 7.08	91.04 ± 12.41

80.3% of members surpassed the 13% weight loss threshold



Results

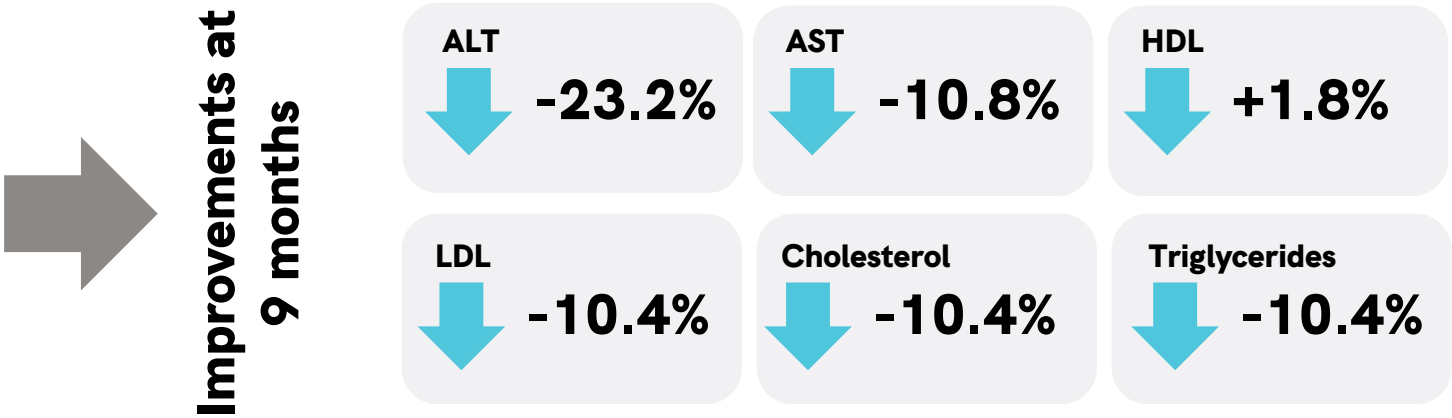
Improvements in Metabolic parameters

Progressive improvements in key metabolic parameters were observed throughout the 9-month program. Liver enzymes (ALT, AST), lipid markers (LDL, total cholesterol, triglycerides), and HbA1c demonstrated consistent and clinically relevant reductions, while HDL levels improved modestly by month 9.

Table 2. Trends in Metabolic Parameters from Baseline at 3, 6, and 9 Months

	Baseline	3 Month	6 Month	9 Month
ALT	25.64	22.99	22.31	19.7
AST	21.16	20.13	20.14	18.87
HDL	52.15	49.29	50.98	53.07
LDL	134.74	118.02	116.89	120.74
Cholesterol	196.87	176.52	175	181.62
Triglycerides	136.9	106.91	99.98	90.31
HbA1c	5.37	5.1	5.06	5.05

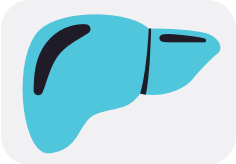
*Data are presented as averages at each timepoint



Results

Improvements in Fatty Liver Markers

Progressive reductions in liver stiffness and UAP were observed over the course of the program, indicating improvements in hepatic steatosis and fibrosis risk. Liver stiffness decreased by up to 14.6%, while UAP values improved by 11.1% at 6 months, suggesting a reversal in liver-related metabolic burden among participants.



	3 months	6 months	9 months
Stiffness measure of liver scarring	-11%	-15%	-13%
UAP measure of liver fat content	-7%	-11%	-9%

Reversal rates in Metabolic Markers

92.45% of Zone members achieved at least 2 improvements of metabolic markers

in just 3 months

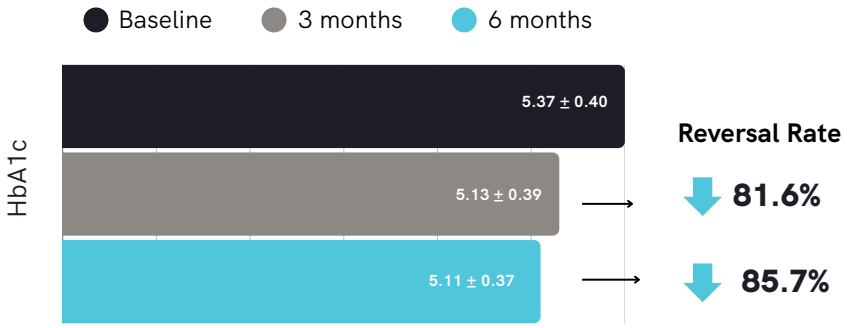
80.3% achieved their weight loss goals at 6 months	**49.5%** Had improved cholesterol levels back to normal	**56.6%** Had improved triglycerides levels back to normal	**82.4%** had improved AST levels back to normal ranges	**76.7%** had improved ALT levels back to normal ranges

Results

Subanalysis of Participants with Prediabetes at Baseline

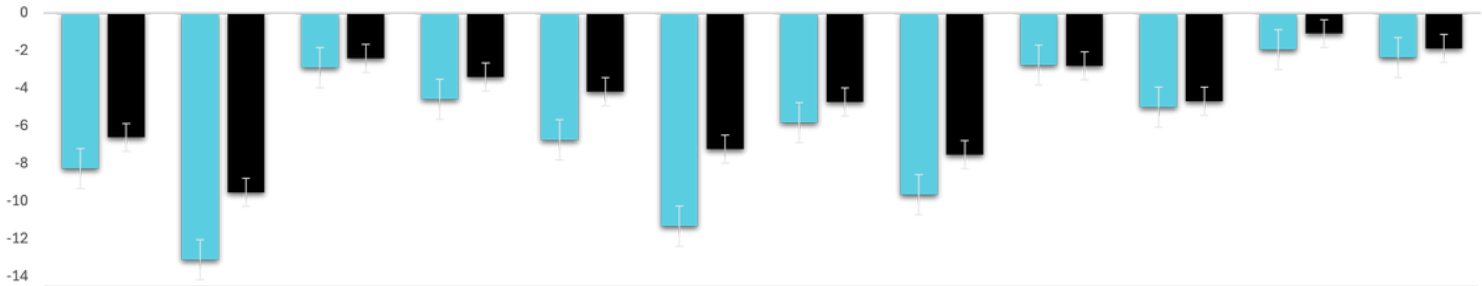
85.7% **of Zone members reversed their of HbA1c back to normal**

A rapid **reversal of Prediabetes** was observed in the majority of members within the first 6 months of the program. Among those with baseline HbA1c levels in the prediabetic range (5.7%–6.4%), 81.6% had normalized their HbA1c to below 5.7% by 3 months, and 85.7% achieved reversal by 6 months.



Mean differences of 2 treatment across various timepoints

Across all anthropometric and body composition measures, Tirzepatide consistently resulted in greater improvements than single GLP-1 agonists at both 3 and 6 months. Statistically significant differences were observed in weight, BMI, waist circumference, and fat mass reduction, with p-values <0.0001 in most comparisons.



	Weight (3M)	Weight (6M)	BMI (3M)	BMI (6M)	WC (3M)	WC (6M)	Fat Mass (3M)	Fat Mass (6M)	Fat % (3M)	Fat % (6M)	Muscle Mass (3M)	Muscle Mass (6M)
Tirzepatide	-8.28	-13.12	-2.91	-4.59	-6.75	-11.34	-5.83	-9.67	-2.77	-5.01	-1.96	-2.37
Single GLPs	-6.62	-9.54	-2.41	-3.402	-4.19	-7.24	-4.74	-7.54	-2.81	-4.69	-1.10	-1.89

Results

Subanalysis of Participants with Metabolic Syndrome

A subanalysis ofZone.Health members diagnosed with **Metabolic Syndrome** (MetS) was published in the Interactive Journal of Medical Research (Zakaria et al., 2025). These members were treated with tirzepatide or semaglutide as part of the hybrid program and followed over 6 months.

Average Weight Loss **-15%** Semaglutide | Tirzepatide **-13%**

Improvements in MetS Markers

	Waist Circumference	Triglycerides	Fasting Glucose	LDL Cholesterol	Systolic BP	Diastolic BP
Tirzepatide	-16%	-41%	-14%	-18%	-12%	-9%
Semaglutide	-13%	-41%	-10%	-10%	-12%	-8%

Digital Engagement Effect

Members with **≥25 digital** interactions achieved the greatest improvements in WC and triglycerides, and had a **60% higher likelihood of reversing MetS** than those with ≤15 interactions.

Average inbound and outbound Interactions

28.86 ± 21.32 average of inbound interactions from Zone participants

average of outbound interactions from the Zone team **58.57 ± 25.26**

Zone.Health Delivers Sustainable Outcomes Beyond Medication Alone

Zone member satisfaction

4.4/5.0

From clinic to app, our members rate their Zone.Health experience out of 5 with top scores for physician care, home visits, and medication delivery

80%

of respondents believed the program offers good value for cost

90%

felt the program effectively supported lifestyle change

8.5/10

The program achieved an outstanding Net Promoter Score of 8.5/10, reflecting a high likelihood that members would recommend Zone.Health to others.

The Zone.Health hybrid program empowers members to achieve lasting metabolic improvements by combining GLP-1 medications with structured coaching, real-time biometrics, and personalized support. In a recent satisfaction survey, **90% of members reported that the program effectively supported meaningful lifestyle change, and 82% agreed that it offers strong value for cost.**

Notably, the program achieved an exceptional Net Promoter Score of **8.5/10**, signaling high member trust and willingness to recommend Zone to others.
Zone member satisfaction:

- **90%** said the program helped drive sustainable lifestyle change
- **82%** believed the program was worth the cost
- **8.5/10** Net Promoter Score
- **51%** requested guided exercise as a key next step to enhance impact

In real-world settings, Zone members also reported high-quality interactions across the care continuum, with top ratings for physician care (4.6/5), home visits (4.7/5), and medication delivery timeliness (4.5/5).

Importantly, Zone's impact extends beyond weight loss. Published outcomes (Zakaria et al., JMIR 2025) show significant reversal of Metabolic Syndrome markers at 6 months, including a 14.5% reduction in fasting glucose, a **27–30% reduction in triglycerides**, and over 14 cm reduction in waist circumference among patients on Tirzepatide.
A subanalysis of patients with prediabetes showed that **81.6% returned to normoglycemia** within 3 months, further underscoring the program's role in disease modification.

As Zone expands, these outcomes demonstrate that combining behavioral engagement, digital accountability, and appropriate medication titration can create durable, real-world improvements in metabolic health, even beyond medication alone.

Conclusions

The 2024–2025 results reaffirm the effectiveness of the Zone.Health hybrid model in achieving substantial, sustainable weight loss and clinically meaningful metabolic improvements. Over a 9-month period, members experienced an average weight reduction of 13%, accompanied by reductions in fat mass and waist circumference while largely preserving skeletal muscle mass.

Comparative analysis of treatment modalities showed that Tirzepatide outperformed single GLP-1 therapies across all measured outcomes, including greater reductions in weight, fat percentage, and waist circumference with statistical significance observed consistently over 3 and 6 months.

Importantly, these outcomes were achieved within a **real-world clinical setting**, not a controlled trial environment, reinforcing the generalizability and practicality of Zone's approach. The model's strength lies in its continuous, data-driven engagement: combining pharmacotherapy, body composition monitoring, behavioral coaching, and digital tools to sustain motivation, reinforce accountability, and drive adherence.

Dissemination and Scientific Contributions

The Zone.Health outcomes and model have been recognized through peer-reviewed publications and scientific conferences:

- Published in the Journal of Medical Internet Research (JMIR): Glucagon-Like Peptide-1 Receptor Agonists Combined With Personalized Digital Health Care for the Treatment of Metabolic Syndrome in Adults With Obesity: Retrospective Observational Study
- Published in Metabolism Open (Elsevier): Effectiveness of a Hybrid Approach in Integrating GLP-1 Agonists and Lifestyle Guidance for Obesity and Pre-Diabetes Management: RWE Retrospective Study
- Presented at major international conferences:
  - American Diabetes Association (ADA) Scientific Sessions 2024
  - Obesity Week 2024

These contributions underscore the clinical relevance and scientific credibility of the Zone.Health approach.